



How to Prepare for Your Session

Everything you need to know before you walk through the door.

01 · IN THE DAYS BEFORE

- **Drink plenty of water.** Hydrated skin photographs best.
- **Skip new skincare treatments, facials, or injections** within 5 to 7 days. Irritation and redness show up on camera.
- **Spray tan?**
Schedule it 24 to 48 hours out so the color settles and the excess can rinse off.
- **Get a full night of sleep.**
Rested skin and eyes photograph better.
- **Go easy on alcohol and salty foods** the night before. Both cause puffiness.
- **Think through your wardrobe.**
Bring a few options. Simple, well-fitted pieces photograph beautifully.

02 · THE DAY OF

- **Eat before you come.**
Being comfortable and fed helps you relax in front of the camera.
- **Wear loose clothing to the studio.**
Tight waistbands, bras, and socks leave marks that take time to fade.
- **Bring everything you want in your portraits —** outfits, accessories, jackets, anything personal.
- **Arrive a few minutes early.**
Give yourself a moment to settle in before we begin.

IF HAIR & MAKEUP ARE INCLUDED

Arrive with clean, dry hair and a clean face with a light moisturizer.